

Wing Tips

**108th Air Refueling Wing
New Jersey Air National Guard
January 2003 Volume 3 Issue 1**



Members, Spouses, Bosses

Incentive flight gets rave reviews

By Staff Sgt. Barb Harbison
Wing Tips editor

You too can become a hero in your household!!

I just got off the phone with my husband after his spouse incentive flight on Dec. 13. Jim has tagged it "the Greatest Day," "An Unbelievable Experience," and "Phenomenal," among other accolades.

When I set up the flight for him, he was happy about it but as each day came closer, he became more and more enthusiastic about the upcoming experience. We went to a small holiday party three days before the flight. The party-goers were people that he works with and a few spouses. Regularly I would hear my husband say, "Friday I'm going up in a KC-135 and it's going to refuel some A-10 Warthogs." I did have to explain to some people exactly what he was talking about and most of them thought he was quite lucky. One of his friends quickly offered to take his place if there was any reason he couldn't fly.

The night before the flight, Jim was on the phone with his friend Scott bragging about his upcoming flight and again I had an offer of another man willing to take my husband's place!

When he got home from his flight, he called me at the office and gave me an enthusiastic description of the flight filled with superlative adjectives; I suspect if I had been home I would have noticed his feet not touching the floor. He was thrilled with the way the crew treated him, the photos he got, the sights he saw, even about the pin and certificate he got at the end of the flight.

So, if you too want to be a hero, sign up your spouse, your boss or yourself (if you have never been on one) for an incentive flight.



A smiling Jim Harbison accepts his certificate from Lt. Col. Paul Giblin after his spouse incentive flight. Below: an A-10 Warthog being refueled during the flight. Photos courtesy of Jim Harbison.



Come Fly With Us!

How would you like to get yourself, your spouse or your civilian boss on a 108th ARW orientation flight? It's easy! Forms are available on the unit's LAN at Y:/Show/108pa/flight requests. Send completed forms to Maj. Denise Waggoner, 108th ARW/PA, by fax 609-754-4460 or email pa.108arw@njmcgu.ang.af.mil. Unit members who have never been on a 108th orientation flight are also eligible for a one-time unit member incentive flight. Orientation flights are scheduled for Jan. 24, Feb. 7, Feb. 21, March 7 and March 21.

Thanks to the 108th!

I would like to thank you once again for the thrilling experience of this morning's air refueling training operation. It was an incredible and fascinating experience. Furthermore, your welcoming and very hospitable attitude made the experience even more enjoyable. I was lucky enough to be lying in the boom operator's bench after the refueling to get a good look at the A-10 Warthog perform a "rollover" maneuver. I doubt if I will have that opportunity again. Thank you again.

Michael A. Zarvalas
Manager, Cabinet Products Operations
Lockheed Martin NE&SS - Surface Systems



Maj. Andy Kuhtik briefs some of the 100 Jr. ROTC cadets from William L. Dickinson High School, Jersey City, N.J., who visited McGuire Air Force Base on November 25. The 108th ARW, 514th AMW and 305th AMW teamed up for static displays of a C-141, KC-10 and KC-135 for the cadets' visit. Photos by Senior Airman Elizabeth Sheetz.



Dec. 5, 2002, which ushered in the first heavy snowfall of the winter, saw the dedicated 108th ARW "snow warriors" out and about the Guard complex battling the lovely white stuff. Pictured are the 108th Civil Engineer snow removal crews and other unit members hard at work making the roads and sidewalks safe for passage. Photos by Senior Master Sgt. Ray Knox.



These are a few samples of the items the Retention Office has available for members re-enlisting with the 108th Air Refueling Wing. Members who attend the reenlistment ceremony will receive one or more of these items.



The 108th Air Refueling Wing is collecting teddy bears for its ongoing Operation Teddy Bear. These toys are given to the children of deployed unit members. Contact the Operation Teddy Bear coordinator, Airman 1st Class Elizabeth Mozzo, 609-754-3109 or Family Readiness Coordinator, Tiffany Colby, 609-754-4479, to donate stuffed animals, dolls, and toys. Brighten a child's day and give him or her something nice to hug until mom or dad returns home. On Dec. 12, Maj. Paul Novello (far right), Colby (2nd from right), and Master Sgt. Henry Cremer (not pictured) accepted dolls and bears from the residents of the Jackson Township Senior Center. This is the second consecutive year that the center's residents have hand sewn outfits for the dolls and bears.

Odds and Ends

What's happening

January

Jan. 20 – Martin Luther King's Birthday (Holiday)

February

Feb. 14 – Valentine's Day

Feb. 17 – President's Day (Holiday)

March

March 17 – St. Patrick's Day

March 21 – Spring begins

Vacancy announcement

The 108th Operations Support Flight has a vacancy for an Intelligence Officer, AFSC 14N3B. The maximum military grade is major. This is a Traditional Guard military position. For duty-related questions, please contact Maj. Robert Kelly, 108th OSF/IN, at 609-754-2873. Submit application package and all supporting documents for evaluation to 108MPF/MSPP, Attn: Master Sergeant Robert Ellis not later than Jan. 24, 2003.

Family member benefits guide

If you need help preparing for active duty, be sure to get a copy of the Defense Department's "Guide to Reserve Family Member Benefits." Also contact the Reserve Officers Association at www.roa.org or at 800-809-9448. The National Military Family Association's Web site (www.nmfa.org) provides a useful link to a number of resources.

Temporary technician job open

The 108th Recruiting Office is looking to hire an administrative assistant. Duties include but are not limited to receptionist functions, both telephonic and face-to-face; mass mailings, and applicant interface. Attention to detail and computer program skills (Word, Excel, and PowerPoint) are a must. We are looking for a highly motivated, articulate and personable individual who wants to make an impact on potential unit members. Must present a sharp military image at all times and be ready to share the 108th story. Organizational skills will be helpful. Training will be provided on Air Guard entitlements so that individual will be able to answer basic questions.

This is a temporary technician position. Grade level will be between GS-05 – GS-07 depending upon qualifications. This will be an initial 90-day tour with a possible extension. Please contact Master Sgt. Robert Tibbetts 609-754-2868 if you are interested in applying for this position.

Kid's contest for Dental Health

United Concordia is conducting two contests to promote Children's Dental Health Month. There is a coloring contest for children ages 3-7 and a short poem contest for children ages 8-12. Winners will be selected from each TRICARE region and will win a \$100 U.S. Savings Bond and a certificate. Deadlines for entries must be postmarked by Feb. 28, 2003. For rules, information and entry forms, please go to www.ucci.com/was/uccweb/tdp/tdp_news.jsp.

Correction

In the article on the giant voice system in December 2002 *Wing Tips*, there was an inaccuracy. The 108th ARW Contracting Office was responsible for cutting the actual contracts. Our apologies.

Emergency data on Virtual MPF

Coming in the spring of 2003, you will be able to update your emergency data card on the Virtual MPF Web site. This will replace the cumbersome Form Flow process at the Military Personnel Flight Customer Service counter and allow you 24/7 access to your emergency data. This access will be through the Air Force Personnel Center (AFPC) secure server from anywhere there is a computer terminal with internet access, to include your home. You will be provided with real time updates and data as well as a completion receipt when you update information. Look for more information as our conversion date comes closer.

Wing Tips deadlines

The deadline for February *Wing Tips* is Jan. 24. Articles/photos should be e-mailed to: pa.108arw@njmcgu.af.mil.

When submitting digital photos, please ensure they are a minimum of 400 dpi. All articles must be in Word format.

Deadline for March *Wing Tips* is Feb. 22, April *Wing Tips* is April 1 and May *Wing Tips* is May 1.

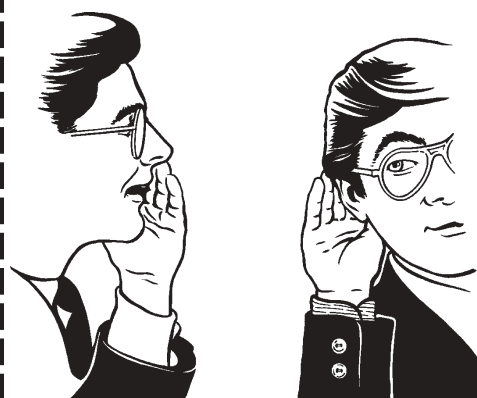
Devils Military Appreciation Night

The New Jersey Devils will host a Military Appreciation Night on Jan. 30 for their game against the Philadelphia Flyers. Game time is 7:35 p.m. Tickets are \$30 each, with a limit of 200 tickets available. Transportation will not be provided. Contact Senior Maser Sgt. Dave Whalen 609-754-3616, no later than Jan. 20, to purchase tickets.

Wing Vacancies

Here are the vacancies throughout the wing and the number of openings available.

**Pass it on -
Let everyone know
about the job
vacancies in the
108th ARW**



Operations Group

Medical Tech – 2
Admin Asst – 3
Flight Records – 1
Boom Operator - 2, full time - 1
Airfield Manager - 1

Officers

Pilot – 4
Intel officer – 1

Logistics Group

Crew Chief – 33
Fuels Tech – 4
Supply Mgmt – 5
Vehicle Maint Tech – 5
Contracting Spec – 2
Admin Asst – 3
MOCC Controller – 4
Engine Mgmt Tech – 3
Plans & Programs Tech – 1
Propulsion Tech – 1
Aircraft Ground Equip Spec – 12
Machinist/Welder – 4
Sheet Metal Tech – 11
Guidance & Control Tech – 14
Comm/Nav Tech – 4
Fuel Systems Tech – 7
Hydraulic Tech – 7

Officers

Maint officer – 1

Support Group

Ground Comm Radio Spec – 1
Personnel Spec – 3
Security Forces Spec – 15
Power Production Tech – 2
Liquid Fuels Tech – 2
Environmental (Entomologist) – 1
Readiness Tech – 1
Weather Forecaster/Observer – 4

Officers

Weather Forecaster – 1

Medical Squadron

Public Health Tech – 1
Medical Material Tech – 2
Health Service Admin Asst – 5
Bio-Med Equip Repair Tech – 1

Officers

Physical Therapist – 1
Family Physician – 1
Flight Surgeon – 2
Aero-Med Spec – 1
Public Health – 1
Bio-Med Lab – 1
Pharmacist – 1

Wing Staff

Command Post Controller – 2
Safety Craftsman – 1

Wing Tips on 3 Web sites

Wing Tips is now accessible to retirees, unit members and the public on three different Web sites.

It will be placed on these two public Web sites – www.108arw.ang.af.mil and <http://groups.yahoo.com/group/mcguireairguardians>.

Unit members will also find it on the members-only Web site at <https://108mbr.ang.af.mil>.

Printed color copies will be distributed to buildings 3305, 3306, 3324, 3333, 3369, 3390 and 1818.

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INTRO Flight has another successful year

By 1st Lt. Lisette Ruch
108th ARW INTRO Flight Commander

Over the past year, the Individual Newcomer Training and Orientation Program (INTRO Flight) has steadily progressed into an excellent training program by redesigning course work, implementing new standards, and integrating personnel. Our mission is to provide new, non-prior service members with basic military knowledge and prepare them for success at Basic Military Training before they depart for the six-week course. We also transition them into military life and build wing morale, assimilating them into the 108th Air Refueling Wing family.

Toward this goal, we have had an overwhelming amount of support. The following is a list of some of those dedicated members who have shared their time and knowledge with us and have helped make the program successful:

Lt. Col. Robert Dougherty, Safety
Maj. Matt Baker, Clinic
Maj. Thomas Coppinger, Wing Plans
Maj. Denise Waggoner, Public Affairs
1st Lt. Reginald Washington, MEO
Chief Master Sgt. Bob Bartleson, Logistics

Senior Master Sgt. Phyllis Balas, MPF
Master Sgt. Marcia Hanson, Comm
Tech. Sgt. Francisco Beltran-Bell, MPF
Tech. Sgt. William Franks, Comm
Tech. Sgt. Martin Marasco, Safety
Tech. Sgt. Joseph Schultz, Logistics
Tech. Sgt. Carlo Squicciarini, Logistics
Staff Sgt. John Lacomia, Historian

I hope I haven't left anyone out! We are always looking for other members to add to this list. Please contact 1st Lt. Lisette Ruch in Support Group, 609-754-4921, Master Sgt. Russell Butts in Operations, 609-754-6113, or Maj. Alfreda Borden-Ealy in MPF, 609-754-6081 if you are interested in expanding the capabilities of our new recruits.

The gray sweat suits are our future – let's do everything we can to make sure it's bright!

Carroll is new LG commander

By Staff Sgt. Barb Harbison

Wing Tips editor

"It was a great experience but this is coming home," said Col. Timothy Carroll, who became the new 108th Logistics Group commander on Dec. 11, when he spoke of his past 12 years in Washington, D.C.

Carroll spent the time working in various positions in the National Guard Bureau and Pentagon, the last as the Director of the Logistics Group for the Air National Guard. Prior to that he had been a member of the 108th Tactical Fighter Wing as a maintenance officer. He has also been a member of the 177th Fighter Wing.

As part of his new job, Carroll is looking forward to supporting the wing's state and federal missions. He is hoping his background in issues from force structure to modernization at the national levels can help the wing as it moves forward in the 21st century.



Recruiting and retention are also high on his agenda. Helping the wing to turn in a positive direction while looking at the operations tempo and how it impacts on the 108th will be one of the challenges, according to Carroll.

While Carroll enjoyed the Washington and Maryland scene and will miss many things, he feels it was a good foundation for coming back to the field. "I get to see what I've done in [Washington] D.C. turned into missions," he stated.

Carroll grew up in Linwood, N.J., and graduated from Rutgers with a degree in business and economics. He also has a master's degree in national resource strategy from the Industrial College of the Armed Forces.

Carroll and his wife, Linda, have a son, Timothy II, 13, and two daughters, Katherine, 11, and Kelly, 5.

Chaplain's Corner

Reachback!

By Chaplain (Maj.) Thomas Klaasen

Fighting wars and sleeping in one's bed at home seem like two very different things. Our military is trying hard to make that concept work for more people. It's called "reachback." The idea is that many support functions, and even many of the control functions of such military hardware as the Predator can be accomplished from a home base in the U.S.

I'm writing this from Istres, France. This isn't exactly a hardship tour, and yet three other 108th members deployed here and I will be spending the holidays away from home. There are many other 108th members who are currently, or have been, deployed during special holiday times. It's not easy for our members, or our families.

Our wing's family readiness program is a wonderful example of reachback. As we deploy, we know that the support team at McGuire will "reach back" to make sure that everything is all right back home. They

also provide us lots of support as we make our morale calls, use our phone cards, or receive calls from wing members. I've appreciated that kind of support while deployed. The very fact that I'm able to communicate with you back home is a form of reachback.

Reachback will not work for chaplain support of our people. There may be fewer people deployed, and so fewer chaplain service folks will have to deploy, but it's hard to do authentic ministry over the phone or via email!

From a religious point of view, all faith traditions believe that God somehow "reaches back" to where people are. He offers support in a wide variety of ways. As I write this two days before Christmas, I'm thinking now in Christian terms, I'm going to celebrate God's own deployment – he was born in a remote region of the world. He seeks out his people who are in the most serious need of his help. An enemy takes his life. The wonderful comfort of faith is that even death cannot snatch us from God's hand. Now, that's reachback!

First Rabbi joins the NJANG

By Airman 1st Class Zakia Ray
Wing Tips Staff Writer

Foremost was his desire to serve God and country. Being the "first" was not what Chaplain (Capt.) Yaakov Bindell had in mind. However, he recently became the first rabbi in the New Jersey Air National Guard when he joined the ranks at the 108th Air Refueling Wing. According to Bindell, the only other ANG rabbi preceded him by a mere two years.

Buoyed by an ever-constant shortage of military chaplains, current personnel sought out candidates themselves. Bindell credits Chaplain (Lt. Col.) Alphonse Stephenson with leading him "in the right direction." Before joining the 108th ARW, he spent two years as an Individual Mobilization Augmentee for McGuire Air Force Base's 305th Air Mobility Wing.

Having Jewish chaplains was achieved in the second year of the Civil War and rabbis are currently active in all branches of the service. However, Christian

representation is more commonplace at military installations. Formerly, the 108th ARW was ministered by Stephenson, a Catholic chaplain, and Chaplain (Maj.) Thomas Klaasen, Protestant.

Bindell is prepared to minister to the entire 108th ARW community in conjunction with Stephenson and Klaasen. "Religious worship aside, a lot of the duties performed by a chaplain are non-denominational," said Bindell. In addition to spiritual assistance, military chaplains also provide crisis management, family life counseling and advice on life and career decisions.

"I hope to bring a new perspective to the unit. I also seek to increase acceptance of the diversity the military community offers as well as sensitivity to Jewish needs," Bindell added.

The process to military chaplaincy is rigorous. Bindell was ordained a rabbi at Mirrer Yeshiva Seminary in Brooklyn, N.Y. He then attended a commissioned officer training course and a chaplain

familiarization course at the Air Force Chaplain Service Institute, Maxwell Air Force Base, Ala. As required, he also had to receive ecclesiastical endorsement from the JWB Jewish Chaplains Council.

Bindell estimates there are about 30 members of the Jewish faith in the 108th ARW.

Friday evening is typically when Jews engage in worship service but Bindell plans to implement a Sunday Jewish worship service "very soon," which is tailored to the schedule of Guard members.

As a civilian, Bindell is vice-president of Life Systems, a computer software company for the medical profession. He currently resides in Monsey, N.Y.



Chaplain (Lt. Col.) Alphonse Stephenson (left) swears in Chaplain (Capt.) Yaakov Bindell.

Here's your chance to become a pilot

By Maj. Lawrence Klein
141st Air Refueling Squadron

Due to unforeseen circumstances we have a short notice requirement to fill one (and possibly two) of our pilot training slots for FY04 (Oct. 2003 – Sept. 2004). We need to complete all paper work for the individuals we select for this year by May 2003. Normally this takes up to eight months, which is why I say "short notice".

In order to cut down on the processing time we are seeking some "home grown" candidates. By this I mean our young enlisted folks who are already in the unit and for the most part have a security clearance. Selecting individuals in this group cuts processing time by about three to four months. The only caveat is they also need to have a college degree (or earn one by the end of the spring semester).

I'm asking all the commanders and first sergeants to help get the word out to our folks that we will conduct an in-house interview board to fill our slot(s). We plan to hold the board in January after the UTA

(tentatively Jan. 24). Anyone who is interested can contact me at 609-754-4413 for information and to have the forms e-mailed to you.

For those folks who express interest but can't meet the degree requirement yet, we will conduct regular interviews for FY 05 in August of next year. Now is the time to begin collecting the paperwork.

Recent news from Finance

All Air Force government travel card holders can expect to be filing split disbursements on their travel vouchers starting in the spring of 2003.

The USAF is making the current optional process mandatory to combat delinquent government travel card payments to Bank of America, holder of the government travel card contract. For more info: <http://www.afrc.af.mil/hq/pa/news/default.html>.

CFC drive - 108th raised \$4,600+

by Capt. Steve Jamison
108th ARW CFC Coordinator

This year's Combined Federal Campaign has come to an end. Not only did the 108th ARW achieve our goal of 100 percent contact of our personnel, but we also helped raise more than \$4,600 in charitable contributions. In addition, McGuire Air Force Base and Fort Dix surpassed their combined goal of \$145,000 by raising \$173,204.08.

I would like to thank everyone who contributed to this worthy cause. I especially want to highlight the efforts of our section CFC representatives who helped educate our people and collect their contributions: Wing Staff – Maj. Michael Baldi; Support Group – Master Sgt. John Miller; Logistics Group – Tech. Sgt. Dave Prairie; and the Medical Squadron – Tech. Sgt. Ken Schechter. Without their hard work, we would not have been able to achieve our goal.

Thanks for your support.

Wondering Photographer by Senior Airman Qianna Snooks

What are your military goals for 2003?



**Staff Sgt.
Frank P.
Decandia,
Comm. Flight**
To maximize my potential, become more familiar with the workings of the 108th and to

fulfill my re-quirements for my 5 level, to achieve Tech.



**Senior Airman
Nelson Morales,
MXS**
To recruit my JROTC cadets into the military (Woodrow Wilson High School and Camden High School).



**Staff Sgt.
Keith Pugh, LSF**
To finish my CCAF degree and to become a 7-level. Seven level ...CCAF...done.



**Lt. Col.
Artemus N.
Werts Sr., AGS**
One of my goals is to ensure that the 108th Aircraft Generation Squadron is fully qualified to meet any world readiness-type tasks or missions confronting us and

to ensure that communication channels within the 108th AGS are open to the extent that retention is enhanced. And, personally, I'll be seeking advancement to colonel.



**1st Lt.
Lysette Ruch,
INTRO
Program
Commander**
To improve the design of the INTRO Program to better accomplish its mission

of imparting basic military knowledge to non-prior service members, integrating new personnel into military life, and inducting new members into the 108th family; to find qualified and enthusiastic personnel to help teach and guide new members; to continue standardizing the INTRO Flight Program, using quality improvement techniques; to find other ways in which INTRO Flight members can better serve the wing; and to get all 108th personnel to know who the people in the gray sweat suits are.

Front and Center



Name: Rick G. Tresh

Rank: Trainee in the INTRO Program

Age: 22

Job-to-be in the 108th: Electro-environmental specialist with 108th Maintenance Squadron (an electrician working on planes.)

Civilian job: Telecommunications student when not setting up banquets for a hotel in Freehold, N.J.

Family: Lives with his girlfriend in Freehold and grew up in New Egypt, N.J., where his family still lives.

Favorite food: Pasta

Favorite movie: Snatch

Favorite actor: Mel Gibson

Favorite TV show: SportsCenter

Favorite music genre: Hip-Hop

Favorite sport: Basketball

Hobbies: Sit at my computer and surf the Internet.

I most admire: My grandmother because she helped out raising me.

Dream vacation: Probably Hawaii.

Goals: To get my bachelor's degree and be successful...financially successful.

Words I live by: Be loyal...to those who deserve it.

Pet peeve: Liars.

What I like most about the 108th: Everybody seems to be having a good time. I haven't met anyone negative.

If I were commander for a day: I would send everybody home early for the day.



Water main break during December UTA keeps CE busy

By Senior Airman Qianna Snooks
Wing Tips staff writer

Mid-afternoon on Dec. 14 found many unit members preoccupied with thoughts of Christmas parties.

Chief Master Sgt. Denis Dzurinko, on the other hand, found himself confronted with a pool of fast-flowing water at the 108th Air Refueling Wing's old headquarters.

On Saturday of the December Unit Training Assembly, an underground water main burst in front of building 3327.

According to Dzurinko, one of the first on the scene, it looked like a major break; there was so much water that it was overflowing from the first sewer into the second.

"From a safety standpoint," said Dzurinko, "the main thing was to cordon off the area to make sure that no one fell in the pit or got hurt."

Dzurinko then drove over to the 108th Civil Engineer Squadron to inform them of the problem.

According to Senior Master Sgt. Juan Prieto, CE's facility manager, the break was a serious one. By the time the situation

was under control, thousands of gallons of water had spilled.

They immediately assessed the situation, tried to isolate the problem, and decided that a partial shutoff of utilities in the area would be the best option.

Handling the accident was an exercise in teamwork, said the facility manager. The project drew workers from the utilities, engineering, equipment operation and operations management sections.

According to Prieto, the contractors renovating the old headquarters caused the break. The main was disturbed during excavation. So the contractors were held responsible for the repairs.

"They were just doing their job and something went wrong," said Prieto.

The water main was temporarily repaired that very evening by an emergency crew sent by the contractors. Guard members from CE supervised the process, afterward making sure that there weren't any leaks. Final repairs were made during the week of Dec. 16.

As a result of the break, buildings 3324, 3325 and 3-22 were all without water or heat until the problem was temporarily fixed.



Things were business as usual in building 3324, however.

"If it was earlier in the day it would have been bad," said Recruiter Master Sgt. Joe Ramirez, "but since it was near the end, it wasn't as detrimental."



Newly-promoted Chief Master Sgt. Michael Dixon of Life Support, is congratulated by Dixon's wife and Col. Craig Widen.



Chief Master Sgt. Robert Mayerik is flanked by Col. Craig Widen (left) and Command Chief Joseph Ortu after his recent promotion.

Pentagon begins smallpox vaccinations

The DoD has begun mandatory smallpox vaccinations of military personnel. Dr. William Winkenwerder, assistant secretary of defense for health affairs, said the process would continue "over the next weeks and months." He said DoD is concentrating initial immunizations on units with "high priority." He said National Guard and Reserve units would be added in the near future. Mass smallpox vaccinations of service members come amid growing White House and Pentagon concerns about bio-terrorist attack threats that U.S. and allied forces would face if Iraq or any enemy has a store of smallpox virus. Although Winkenwerder would not confirm any specific threat against U.S. military personnel, he did say the services need to be prepared now. Smallpox is a highly contagious and sometimes fatal disease for which there is no specific treatment. The disease kills about 30 percent of all people infected, according to the Center for

Disease Control. Currently, the only preventive measure against the disease is the smallpox vaccine. For more information on the smallpox vaccine, visit the CDC Web site at <http://www.bt.cdc.gov/agent/smallpox/index.asp>.

Henry "J" award winners

The New Jersey Air National Guard Heritage Center announces the Chief Master Sgt. Henry "J" award winners –

Outstanding Airman of the Year:

Senior Airman Duy T. Nguyen,
150th ARS

Outstanding NCO of the Year:

Staff Sgt. Julie A. Schechter,
HQNJANG

Outstanding Senior NCO of the Year:

Senior Master Sgt. Timothy S.
Donovan, 177th MXS

Driver Fatigue - Staying awake behind the wheel

From the 108th ARW Safety Office

It's one of the most unnerving experiences in driving:

You've been on the road awhile. The highway seems endless — long, smooth, monotonous. The car interior is warm. You're tired. The radio isn't holding your attention, and neither is the driving. You stare straight ahead, at miles and miles of road, as you start to feel your shoulders sag, and your eyes slowly ... start to ... close.

Abruptly, you open your eyes, jerk up in your seat. You've started to drift out of your lane, or maybe even off the road. You steer your car back into the lane, take a few deep breaths, and realize, fearfully, what just happened. You were asleep.

Fatigue on the road can be a killer. It happens frequently on long drives, especially long night drives. You may have recognized some warning signs of fatigue in the foregoing scenario. Other signs of fatigue include back tension, burning eyes, shallow breathing, inattentiveness, and any kind of erratic driving, such as drifting, abnormal speed, tailgating, or failure to obey traffic signs.

One cause of fatigue is alcohol consumption. Alcohol is a depressant, and a driver doesn't have to be drunk to fall asleep at the wheel. Even one drink can be enough to induce fatigue.

Another culprit is the nature of modern highway driving. Most car interiors have comfortable, cushioned seats in quiet, carpeted, temperature-regulated environments. Many vehicles have "cruise control." Most major roads have been engineered to eliminate sharp curves, hills

and bumps. Ironically, these designs for comfort contribute to falling asleep at the wheel.

Additionally, dull landscapes, the droning of tires and engines, and the repetitive patterns of oncoming headlights, trees, poles and highway center lines can lead to a dangerous, trance-like state known as "highway hypnosis" which deadens drivers' senses and slows their reaction time.

Fatigue behind the wheel is a very real danger, even if you've never experienced it firsthand. The National Safety Council offers these tips for staying awake while you're driving:

✓ An obvious cause of fatigue is lack of sleep. If you haven't received seven or eight hours of sleep the night before a trip, you're courting fatigue. Get enough rest. And don't start a trip late in the day. Long-distance driving is hard work, and you need to be fresh and alert.

✓ If possible, don't drive alone. Passengers can take turns driving and also serve as conversation partners to keep you awake.

✓ Avoid long drives at night. The glare of lights, both on your dashboard and outside your car, increases the danger of highway hypnosis.

✓ Adjust your car's environment so that it helps keep you awake and alert. Keep the temperature cool, with open windows or air conditioning in the summer and frugal amounts of heat in the winter. Turn the radio volume up, and switch stations frequently, but avoid soft, sleep-inducing music. Do not use cruise control; keep your body involved with the driving.

✓ Watch your posture. Drive with your head up and your shoulders back. Tuck your buttocks against the seat back. Legs should not be fully extended, but flexed at about a 45 degree angle.

✓ Take frequent breaks. At least every two hours, stop at a gas station, restaurant or rest stop. Get out of the car, walk around, even jog or do calisthenics. Exercise fights fatigue.

✓ In addition to exercise breaks, stop for light meals and snacks. Avoid alcohol entirely.

✓ Don't allow your eyes to become fatigued or hypnotized. Wear sunglasses to fight glare (but never wear sunglasses at night).

✓ If anti-fatigue measures fail and you start noticing the danger signs of fatigue then there is only one solution. Sleep. Find a safe, guarded rest area, truck stop, or service station. Even a 20-minute nap may refresh you enough to get to a hotel or motel. (This is an emergency maneuver. Do not try it as a common driving technique.)

Keep in mind, driving fatigue is not only applicable to long trips. A simple drive home from work or from a UTA can be difficult, especially when we have early report times or extended hours. Additionally, late working maintainers and aircrew who are flying late need to be cognizant of driver fatigue as they travel home at 0-dark-30.

Safe driving demands your full attention. If you feel your eyelids getting heavy, then your next actions may not simply determine whether you'll stay awake. They might determine whether you'll stay **alive**.

New Housing Allowance rates set

The DoD released the 2003 Basic Allowance for Housing (BAH) rates Dec. 12. In total, the planned increase in housing allowance funds for Fiscal 2003 is about \$800 million above the Fiscal 2002 amount. The 2003 rates represent the third phase of the planned buy down in out-of-pocket housing expenses. Other components of the increase are geographic rate protection and housing cost inflation. For members with dependents, average increases in BAH range from 1 to 27 percent by grade, with the typical increase in the range of 8 percent. A typical E-5 with dependents, for example, will find his/her BAH about \$71 per month higher than last year. An E-8 with dependents will have about \$95 more in his/her paycheck. To calculate your new BAH rate, go to <http://www.dtic.mil/perdiem/bahform.html>.

Wing Tips Readership Survey

Improving the *Wing Tips* is an ongoing process that wouldn't be possible without the help of its readers. Here's your chance to speak up and let us know what you think!

(Optional) Rank _____ Name _____ Age _____ Section _____

1. I read *Wing Tips*:
 - a) Always
 - b) Occasionally
 - c) Never (Skip to question # 8)

2. *Wing Tips* is an important source of base news to me. **YES** **NO**

3. The writing in *Wing Tips* is easy to understand. **YES** **NO**

4. *Wing Tips* seems to be written primarily for: (circle all that apply)

NCOs officers civilians

5. In terms of the quality of information, how would you rate *Wing Tips* as a source of information about the unit?

- ☐ A. Excellent
☐ B. Very Good
☐ C. Satisfactory
☐ D. Below satisfactory
☐ E. Poor

6. In terms of the amount of stories, how would you rate *Wing Tips* as a source of wing information?

- ☐ A. Excellent
☐ B. Very Good
☐ C. Satisfactory
☐ D. Below satisfactory
☐ E. Poor

7. In terms of the amount of photos and graphic illustrations, how would you rate *Wing Tips*?

- ☐ A. Excellent
☐ B. Very Good
☐ C. Satisfactory
☐ D. Below satisfactory
☐ E. Poor

8. Do members of your family read *Wing Tips*?

- ☐ A. Once a month
☐ B. Occasionally
☐ C. Less than once a month
☐ D. Never
☐ E. I don't have dependents

9. How well does *Wing Tips* provide you sufficient information on the following topics? (V = Very good, S = Satisfactory, P = Poor, DK = don't know)

	VG	S	P	DK
a. ANG Leadership	()	()	()	()
b. ANG people	()	()	()	()
c. ANG modernization	()	()	()	()
d. Health care	()	()	()	()
e. Retirement benefits	()	()	()	()
f. Unit Deployments	()	()	()	()
g. Current operations	()	()	()	()
h. Financial news	()	()	()	()
i. Recruiting/Retention	()	()	()	()
j. Promotions	()	()	()	()
k. Awards	()	()	()	()
l. Editorials	()	()	()	()
m. Sports	()	()	()	()
n. Base services	()	()	()	()
o. Local ANG mission	()	()	()	()
p. Base services	()	()	()	()
q. Chapel	()	()	()	()
r. Technology	()	()	()	()
s. ANG policy	()	()	()	()
t. Base rec activities	()	()	()	()
u. People	()	()	()	()

Comments

Completed surveys can be either hand-carried to the Public Affairs Office in Building 3305, faxed to 609-754-4460, or mailed to 108th ARW, ATTN: PAO, 3305 Feibelkorn Road, McGuire AFB, NJ 08641-5406.